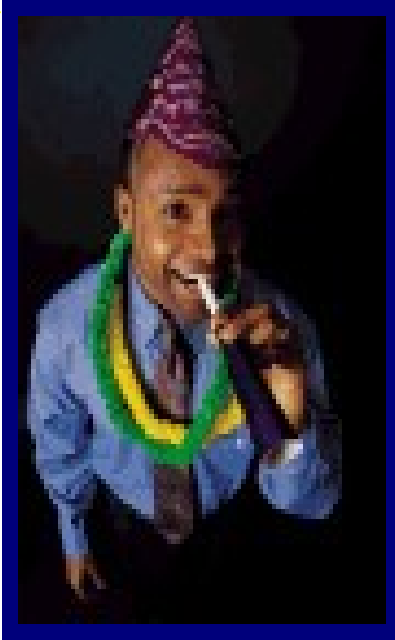




Traffic Safety's Top Five



Alcohol



Speed



Driving



Occupant

Protection



Fatigue



Sailors at Risk

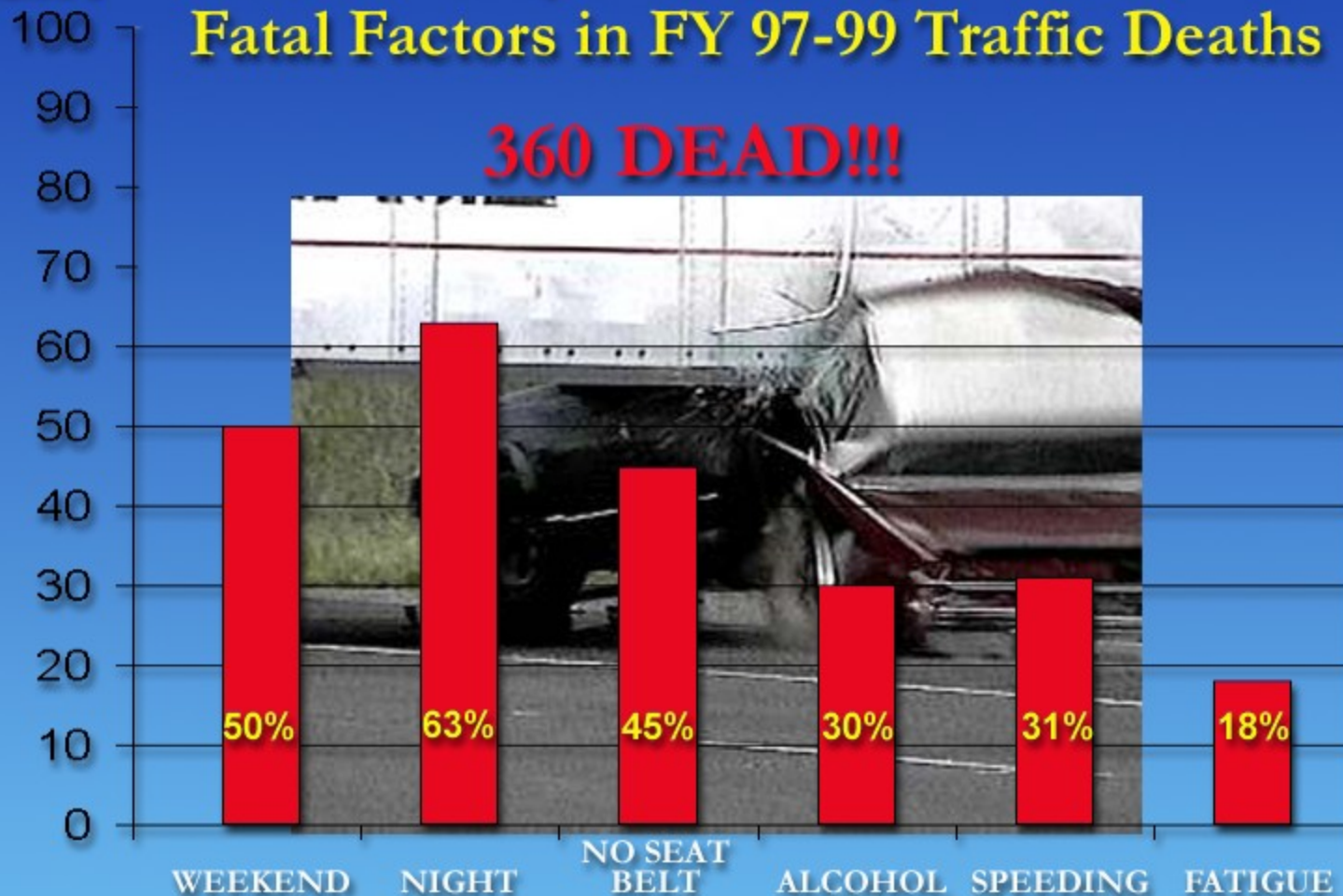


PERCENTAGE
OF MISHAPS

Navy & Marine Corps

Fatal Factors in FY 97-99 Traffic Deaths

360 DEAD!!!





Alcohol and Driving: A Bad Mix!



- ✓ Nearly one-half of all fatal traffic crashes are alcohol-related.
- ✓ Approximately 21,000 people die each year in drinking-related collisions.
- ✓ A couple of drinks increases your chances of a crash 7 times.
- ✓ A 16- to 19-year old driver with a blood alcohol concentration of .06 percent is about 8 times as likely to be involved in a fatal crash.



✓ At .09 percent, the



Alcohol: Myths and Facts



Myth

Fact

It is a stimulant.



It is a depressant.

It has nutrients.



It has calories.

It increases mental and physical ability.



It decreases mental and physical ability.

In given amounts, alcohol always affects an individual the same way.



In given amounts, alcohol always affects the same individual differently at different times.

There are ways to sober up quickly.



Time is the only way to sober up. Alcohol will cause bodily damage if consumed to excess.

Any amount of alcohol will cause bodily damage





But If You Do Drink. . .



- ❖ **Eat before or while drinking.**
- ❖ **Control the rate at which alcoholic beverages are consumed.**
- ❖ **Wait before driving.**





Read the Label



- ✓ **Prescription, over-the-counter, or illicit drugs can affect your driving.**
- ✓ **Most drugs for headaches, colds, hay fever, allergy, and nervousness make you drowsy and affect your control.**
- ✓ **Pep pills, diet pills, and "uppers" may make you alert for a short time, but they can make you nervous, dizzy, and unable to concentrate. They also can affect your vision.**
- ✓ **Studies have shown that people who use marijuana make more mistakes and are arrested for traffic violations more than other drivers.**
- ✓ **Never mix alcohol and other drugs.**
- ✓ **Barbiturates, tranquilizers, or other depressant-type drugs cause drowsiness or dizziness.**
- ✓ **If you are not sure, ask your pharmacist.**



Speed Kills



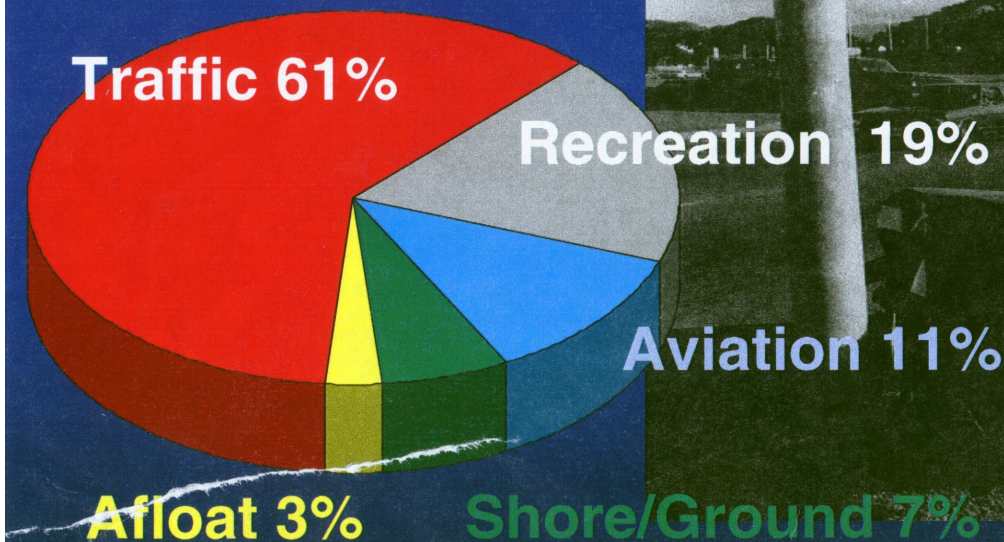
How People Died in Mishaps

Navy, FY95-99

Deaths:

FY 99: 104

FY 95-99: 603



Speed Kills!



Visibility Factors



- ✓ Looking Ahead
- ✓ Looking to the Sides
- ✓ Looking Behind
- ✓ Improving Window and Mirror Visibility
- ✓ Preparing Car
- ✓ Improving Night Vision





Influences on Travel Speed

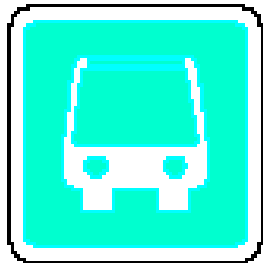
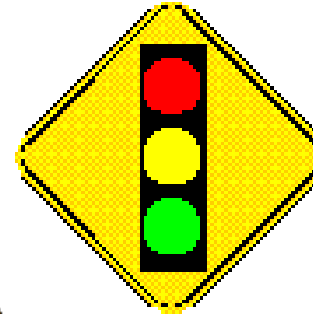
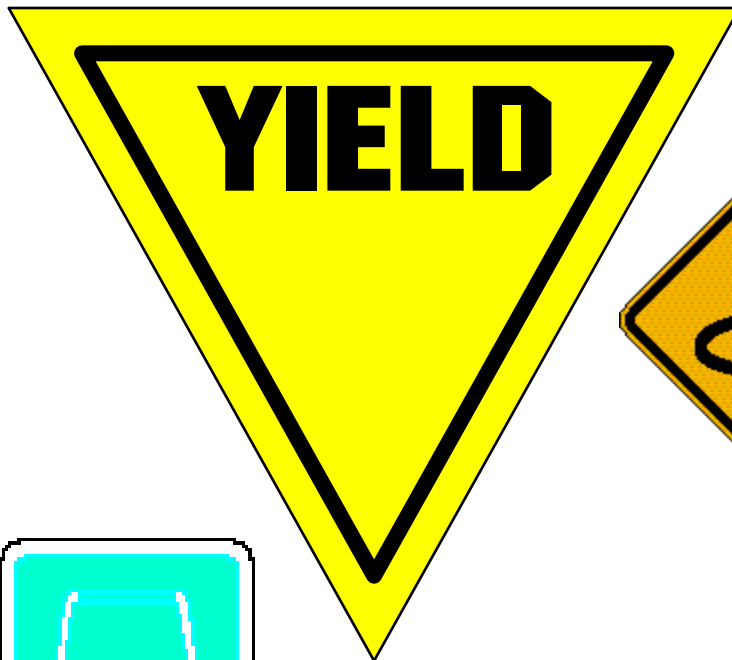


- ✓ Road Conditions
- ✓ Traffic
 - Shopping centers, parking lots and downtown areas
 - Roads with heavy traffic
 - Narrow bridges and tunnels/toll plazas
 - Schools, playgrounds, residential streets



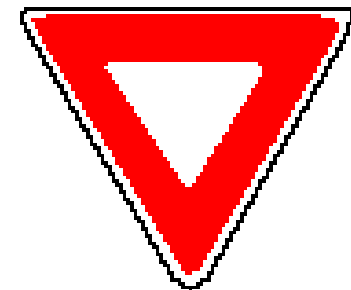
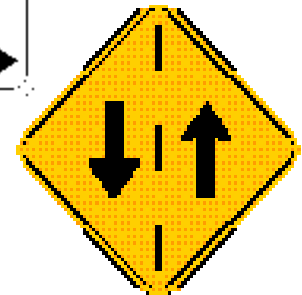
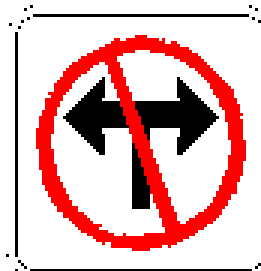


Signs, Signs, Signs



BUS

SLOWER
TRAFFIC
KEEP
RIGHT





Occupant Protection - Safety Restraints



Safety Restraints

- Automatic - Air bags and safety belts
- Manual
 - Lap belts - All cars starting with 1964 models
 - Shoulder belts - All cars starting with 1968 models
 - Front seat continuous 3-point belts - All cars starting with 1974 models

Benefits of Safety Restraints

- □ Increase vehicle control
- □ Reduce occupants deaths up to 50%
- □ Reduce disabling injuries
- Reduce minor injuries
- Approximately 11-12,000 lives saved annually
- □ National usage rate is about 60% overall (70% city & 50% rural)
- □ Reduce distractions caused by children

- Child restraints



Aggressive Driving



- Speeding
- Failing to yield
- Weaving in and out of traffic
- Unsafe lane changes
- Passing on the right
- Improper merging techniques
- Running stop signs and red lights
- Distractions
- Tailgating
- Rubbernecking
- Improper emergency stops



**The
“Two
Second
Rule”**



Fatigue: Types



“...characterized by a lessened capacity for work and reduced efficiency of accomplishment.”

Types of Fatigue

Normal – ‘Tireds’

Mental – ‘Stressed out’

Sick – ‘Got a bug’





Fatigue: Symptoms



Physical Symptoms

- ☐ Tired Muscles
- ☐ General bodily sensations of tiredness
- ☐ Sleepiness and joint stiffness
- ☐ A tired feeling in the head
- ☐ Localized pains in the back of your head
- ☐ Pain and soreness
- ☐ Hands and feet swelling

Mental Symptoms

- ☐ Inability to keep fixed attention
- ☐ Impaired memory
- ☐ Failure to grasp new ideas
- ☐ Difficulty and slowness in reasoning





Fatigue: How to Delay



- ☐ Avoid long drives unless you are fit.
- ☐ Avoid leaning forward.
- ☐ Avoid driving long stretches without a break.
- ☐ Keep you eyes moving.
- ☐ Let in fresh air.
- ☐ If there are other drivers with you change drivers at frequent intervals.
- ☐ Wear your safety belt.
- ☐ Avoid getting angry.
- ☐ Adjust air conditioner/heater.



Lowering or raising the temperature
too much increases fatigue.



The Cost



Organizational Cost (a recent study)

- Per non-injury crash - \$25,000
- Per 1 million vehicle miles traveled - \$85
- Per injury crash - \$110,000
- Annual cost - \$53 billion



Personal Cost

- Injury down time
- Vehicle damage
- Vehicle downtime
- Hours lost at work
- Injury affect on family and shipmates

True cost

- Fatalities, disabling injuries, family and shipmate tragedy, insurance



The Top Five and Core Values



Honor - To know that human errors are the biggest factor in automobile accidents

Courage - To not get caught up in

Going too fast

Having too much to drink

Being too tired

Feeling too cool to wear safety belts

Commitment - To do what it takes as a safe driver to keep you and your

shipmates alive and

well



Summary



- The top five driving safety issues are Alcohol, Speed, Occupant Protection, Aggressive Driving, and Fatigue.
- Drinking, drugs, and driving do not mix.
- Drive within your visibility and control.
- □ Be alert to fatigue and its effect on your driving, particularly when driving for any distance.
- □ Use safety restraints.
- There is a cost and consequences of unsafe or aggressive driving.
- The active practice of Core Values will positively influence your driving.